YOUTH IN REVOLT?
FIGHTS, DRINKING PLAGUE HIGH SCHOOL DANCES {page 16}

'FALSE'
GIBSON DENIES CLAIMS HE HURT DAUGHTER {page 11}

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Watts pulls plug on B.C. Liberals

Mayor says she wants to stay focused on her family ◐ Watts, elected Surrey's mayor in 2005, says she still has work to do ◐ She thinks the B.C. Liberal leadership race should be internal ◐ Thanked those who encouraged her to run through letters, emails and her Facebook page

JEFF HODSON
@METRONEWS.CA

Dianne Watts will not seek the leadership of the B.C. Liberal Party, the popular Surrey mayor announced last night.

In a release, Watts pre-emptively pulled herself from the race to replace outgoing Premier Gordon Campbell, who announced two weeks ago that he was stepping aside.

She said her decision came after careful deliberation and consultation with family. Among the four reasons she listed for not running is the polarized political landscape in Victoria and Ottawa.

"I am also deeply frustrated," said Watts, "at the bitterness that is so often directed at those who seek or serve in public office."

CFL. Playoffs

▶ B.C. Lion Geroy Simon leaves the field after losing in overtime to the Saskatchewan Roughriders following the CFL Western semifinal in Regina yesterday. The Roughriders beat the Lions 41-38 and will face the Calgary Stampeders in the CFL Western final. Story, page 17.

JEFF MCINTOSH/THE CANADIAN PRESS

Lions fall short in 'heartbreaker' of a semifinal

Mexico

Nanaimo man killed in blast

◐ Groom among 5 Canadians to die in powerful explosion at Mexican hotel {page 5}

A passion for ethical fashion

Harry Potter's Emma Watson on looking good {page 10}

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Winter wallop on West Coast?

Ski slopes are gearing up for an early start to season ◐ Whistler is set to welcome guests on Friday

KRISTEN THOMPSON
@METRONEWS.CA

After back-to-back years of extreme winter weather — first the snowiest winter in 60 years, followed by the warmest in 100 years — some experts are predicting another round of severe cold and snow.

But according to Environment Canada meteorologist David Jones, rumours that this winter will be the chilliest and whitest in 55 years are just that — rumours.

"We don't make long-range forecasts," he said.

"They're difficult at the best of times. There's been a lot of talk that there'll be a moderate to extreme La Niña this year. Some forecasters are running amok with it."

Jones said this winter will definitely be a La Niña winter — the cold cousin of El Niño — but he can't say whether it's going to bring the kind of snow that brought Vancouver to a standstill two years ago.

Historically, La Niña winters are especially cold and snowy, Jones said.

"The dice right now is loaded in favour of a snowier and colder winter," he said.

"But there's so much variability that it's not a guarantee."

Let it snow?

- Grab a Metro tomorrow, when we look at the region's preparedness for the coming winter.

Get ready to hit the slopes

Get your skis and boards waxed — Whistler Mountain is set to open on Friday and Blackcomb Mountain on Nov. 25.

Grouse Mountain isn't far behind, said spokesperson William Mbaho. "The (snow machines are) on and we're trying to produce as much snow as we can.

One day last week we had 13 centimetres of snow on the same day as the opening of our skate pond," he said.

"Opening the pond typically means winter's a few weeks behind, so we anticipate that our opening (will fall in) the first week in December.

"We're looking forward to (it) ... and expect it's going to be a great winter because of the La Niña forecast."

Cypress and Seymour mountains will likely open in early December.

METRO

CONTRIBUTED

▶ The view from Grouse Mountain last season.

1 news

Aung San Suu Kyi's lawyer says Myanmar's junta deserves no 'gratitude' for her release. Scan code for the story.

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SENTENCING

Two and a half years for Berner

Carol Berner was sentenced to 30 months in jail and received a five-year driving prohibition for killing Alexa Middelaer, 4, in a drunk driving crash in Delta two years ago.

Berner, 58, was found guilty in July and was sentenced Friday.

▶ Berner

Alexa's parents are campaigning for mandatory minimum sentences in similar cases.

We asked Metro readers over Twitter what they thought:

@oceaneclipse: driving 91 km/h in 50-km/h zone on road w/ speed bumps. Right she only had three glasses of wine...15 yrs more appropriate.

@polveredistella: Depends on the criminal code … we can't change the law after the crime has happened. Seems low tho.

KRISTEN THOMPSON

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News in brief

Nash, wife to divorce

SPORTS. Homegrown basketball star Steve Nash is getting divorced — an announcement he made the day after his soon-to-be-ex-wife gave birth to their son. METRO

Concept car, cyclist collide

TRAFFIC. Vancouver police yesterday appealed for witnesses to an accident between an electric concept car and a cyclist. The two collided at the Zero Emissions Race near False Creek on Nov. 12. METRO

Vancouver senior robbed

CRIME. A 94-year-old woman was attacked on Prior Street on Nov. 12. A Good Samaritan came to her rescue. METRO

Poverty putting strain on B.C.'s hospital system

Reports show major increase in patients kept in hospital because they didn't have inadequate housing

VANESSA YEE
VANCOUVER@METRONEWS.CA

Homelessness and poverty are severely straining hospital resources, according to government documents released yesterday.

Over the past eight years, hospitals have been forced to convert acute-care beds into "the most expensive social housing in the country," said NDP health critic Adrian Dix, who estimated the cost of keeping a person in a hospital bed to be $1,000 a day.

The documents revealed that the number of patients who remained in hospital due to homelessness in B.C. increased to 88 cases in 2009, up from 18 in 2001 (an increase of 388 per cent).

VANESSA YEE/FOR METRO

▶ NDP health critic Adrian Dix

Dix said the figures illustrated how "increasing income disparity, homelessness and substandard housing have added more pressure on acute-care hospitals."

He also said the significant increase is due to the B.C. Liberals' failure to introduce a coherent housing strategy and poverty reduction plan.

"The government is pushing people who don't have adequate housing to other social costs (such as) emergency rooms and the criminal justice system."

Dix added that "a real concerted approach to reducing poverty and poor housing will be required" to level out health-care costs.

Recycling bins can't read.

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News worth sharing.

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B.C. newlywed among dead in Mexico blast

Hotel had been hosting several groups from Canada, including a company vacation, wedding

A British Columbia groom and a nine-year-old boy were among five Canadians killed yesterday in a powerful gas explosion that ripped through the lobby of a Mexican resort hotel, blasting chunks of flooring through the roof.

Francisco Alor, attorney general of the state of Quintana Roo, where the resort is located, confirmed that five Canadians and two Mexicans were killed in the blast at the 676-room Grand Princess Riviera Hotel in the city of Playa del Carmen around 9:30 a.m.

Initial investigations were focusing on the possibility that naturally released gas from a nearby swamp had built up under the hotel and somehow ignited. Officials at the resort said no gas lines were located in the area where the blast occurred.

One of the victims was Malcolm Johnson, a realtor with Coast Realty in Nanaimo, B.C., who travelled to Mexico last week to get married, his friend David Komo said.

"He got married a couple of days ago. His wife and daughter were down there with him," Komo said, his voice breaking with emotion.

Barry Hoffman of Edmonton said his sister, Darlene Ferguson was also killed in the blast. He was not prepared to comment further.

THE CANADIAN PRESS

Victims

Four of the five Canadians who died have been identified.

- **Darlene Ferguson**, 52, of Edmonton.
- **Christopher Charmont**, 41, and John Charmont, 9, of Drumheller, Alta.
- **Malcolm Johnson**, 33, of Nanaimo, B.C.

TORSTAR NEWS SERVICE

Alaska. The outdoorsy type

▶ Former Alaska governor and onetime Republican vice-presidential candidate Sarah Palin is shown by the family boat in Dillingham, Ala., in a scene from the reality series Sarah Palin's Alaska, which premiered on TLC last night.

GILLES MINGASSON/THE ASSOCIATED PRESS

Palin stars in new reality series

Sarah Palin's Alaska portrays Palin as an adventure-loving wife and mother enjoying a whirlwind of activities amid spectacular settings in her home state. There are no overt clues to her future political ambitions.

Adams calls it quits as N. Ireland politico

Sinn Fein leader Gerry Adams announced yesterday he intends to quit his political posts in Northern Ireland and seek election to parliament in the Republic of Ireland. Adams told supporters in the border county of Louth he would seek to win one of the area's seats.

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Job stress linked to heart attack risk in women

Study finds that stress is particularly problematic when people have no opportunity to control it

Women with high levels of job strain have a significantly higher risk of suffering a heart attack or other adverse cardiovascular event compared to those who report less stressful work lives, a major study has found.

Researchers, who will present their findings at the annual meeting of the American Heart Association in Chicago, found a 40 per cent increased risk for heart attack, stroke, the need for invasive procedures like bypass surgery, and death from cardiovascular disease.

The risk of heart attack was almost 88 per cent higher in women with sustained on-the-job stress, while the risk of bypass surgery or other procedures, such as balloon angioplasty to open up blocked coronary arteries, was about 43 per cent higher.

Job strain, a form of psychological stress, is defined as having a demanding job but little or no decision-making power or opportunities to use creative skills.

The study also found that job insecurity was linked to risk factors for cardiovascular disease.

THE CANADIAN PRESS

Health study

- **The Women's Health Study** was sponsored by the U.S. National Heart, Lung and Blood Institute.
- **Researchers followed** 17,415 healthy female health professionals for more than 10 years to track the development of cardiovascular disease.

Market moment

DOLLAR	TSX	OIL	Natural gas 1,000 cu ft
- 0.09¢ US (99.10¢ US)	- 185.50 (12,749.24)	- $2.93 US ($84.88 US)	$3.902 US (- 2.5¢ US)
			Gold contracts $1,365.50 US (- $37.80 US)

PRICES AS OF 4 P.M. EDT FRIDAY

Greece. Financial crisis

▶ Pedestrians pass by a bank branch in Thessaloniki, Greece, on Saturday. The sign reads: "In the European Union of the bosses, the cheapest merchandise is the workers."

DIMITRI MESSINIS/THE ASSOCIATED PRESS

Shops struggle in wake of crisis

Business on Thessaloniki's main commercial street has declined precipitously since the onset of the financial crisis in Greece and many shops have shut down, with those left open struggling to survive. The number of street vendors, mostly immigrants, selling cheap counterfeit wares has increased.

AOL revamps email

2 weeks ago, AOL, which was spun off from Time Warner Inc. last year, launched a redesign for AOL.com.

You've still got mail — but AOL is redesigning it from the ground up.

AOL Inc. is letting a limited number of people test a new web email program. Called Project Phoenix, the new design displays thumbnails of recent photo to attachments at a glance.

site makes it easier to fire off a quick email, text or instant message.

People can send short replies right from the inbox, without having to click on a message.

THE ASSOCIATED PRESS

Sisters are doing it for themselves

STEVE COLLINS
VANCOUVER@METRONEWS.CA

Whether from a bumpy economy or just a desire to make their own hours, more and more Canadian women are going into business for themselves.

Statistics Canada counted 877,000 self-employed women in 2006, an 18 per cent increase from 1996.

Many potential women entrepreneurs checked out the National Franchise and Business Opportunities Show in Ottawa this weekend, where more than 60 exhibitors offered a path to business ownership.

Many women, she said, want a better balance of work and family life, and sometimes franchises are the answer.

Angela Bush and her husband, Dave, attended the show. He works in the tech industry, she works in the non-profit sector. Dave said they're attracted to the assistance offered by franchisors, "the safety aspect where someone can guide you along the process."

STEVE COLLINS/FOR METRO

▶ Nathalie Potvin of franchisor PureCreation demonstrates the company's ZenFrames Creative Visualization and Relaxation system.

Oil execs lend their ears

HO/THE CANADIAN PRESS

▶ A billboard in Seattle urges would-be visitors to "rethink" planning a trip to Alberta.

Oilsands executives are heading to three U.S. cities this week to hear what environmental groups, business leaders and academics have to say about an industry heavily criticized for its environmental impact.

The Canadian Association of Petroleum Producers has been holding discussions in Canadian cities since the summer.

Canada is by far the largest crude supplier to the U.S., shipping some two million barrels per day south of the border. Many see the oilsands as a safe, reliable source of energy..

But the oilsands industry has come under fire, garnering the label "dirty oil" in some circles. Critics say Alberta crude emits more carbon dioxide than other sources, damages ecosystems in northern Alberta and endangers the health of communities in the region.

Over the summer, a U.S. environmental group launched a controversial ad campaign urging tourists to "rethink" travelling to Alberta.

THE CANADIAN PRESS

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GETTY IMAGES

▶ BHP's CEO Marius Kloppers says the company remains committed to Canada and plans to develop a "significant presence" in the potash industry in Saskatchewan.

BHP withdraws its bid for Potash

Move comes after Ottawa rejects BHP's hostile takeover bid

Anglo-Australian mining giant BHP Billiton has withdrawn its hostile takeover bid for Saskatchewan-based Potash Corp.

The withdrawal comes less than two weeks after Ottawa rejected the $38.6-billion US offer as not having enough net benefit for Canada.

The company still had 30 days to try to convince the federal government on the merits of its proposal to buy the world's biggest producer of potash, a key component used in fertilizer.

BHP says it still believes its offer would have resulted in a significant net benefit but says Ottawa required "additional undertakings" beyond what the company had already offered.

THE CANADIAN PRESS

Greece's PM pledges no more tax hikes

Greek Prime Minister George Papandreou says he does not intend to hike taxes any further or fire civil servants to bring the country's big fiscal deficit under control. Papandreou told a meeting with top aides Saturday that finance officials will cut excess spending.

Greece, the recipient of $151 billion in aid from the EU and the International Monetary Fund, has committed to a stringent schedule of deficit reduction, but revenues have fallen short of target.

Papandreou insisted Thursday that the debt-ridden country will meet its deficit-busting targets this year, despite flagging efforts and yet another upward revision of government overspending in 2009. THE ASSOCIATED PRESS

$151B

The amount of money Greece has received in aid from the European Union and International Monetary Fund.

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Feds hope waste will yield fuels

A federal government plan to transform mountains of asbestos mining waste in Quebec into lush greenery could pose a risk to nearby citizens, according to internal documents.

Ottawa is digging into tailings in the heart of Canada's asbestos country to see if they could one day yield plants, and even sprout biofuel crops. But stirring up these mounds, which contain the mineral's carcinogenic fibres, could be hazardous to the locals. THE CANADIAN PRESS

Stock. Tumbles

▶ Grumpy, one of the Seven Dwarfs, is featured on a building at Disney headquarters.

REED SAXON/THE ASSOCIATED PRESS

Disney's stock on the decline

The Walt Disney Co. is investigating the leak of its fourth-quarter results last week, which showed an unexpected profit decline and sent the company's stock tumbling.

Get back in black: Report

The B.C. government is being urged to work faster to get its books in the black, spend more on health and education and increase the minimum wage.

The ideas were among 59 recommendations released Friday by the legislature's finance committee following public hearings.

Only Liberal members of the committee produced the report after the New Democrats pulled out, saying Premier Gordon Campbell's announcement last week of a 15 per cent tax cut left the government with little room to make new spending decisions.

Committee chairman John Les said the most important recommendation is to erase B.C.'s $1.4-billion deficit ahead of the 2013-2014 fiscal year.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Premier Gordon Campbell is resigning.

Suggestions

- **The finance committee** said the government should link yearly increases in health spending to the average growth of the provincial economy.
- **On education,** the report suggested it reinstate the annual funding for school maintenance and a capital allowance for colleges and universities.
- **It also called** for more funds for early learning programs and special needs programs.

HAUNTED BY SHADOWS FROM THE PAST

Urban Compass

PAUL SULLIVAN

It's a sad story with an unhappy ending.

Not the best way to start the week. But after Carol Berner was sentenced Friday to two and a half years in jail for running over and killing four-year-old Alexa Middelaer, I'm left haunted by shadows from the past.

Some news stories hit closer to home than others. This one throws a rock through the window of my heart.

A long time ago and far, far away, my little sister was run over and killed by a driver who'd had a few. She was eight. I'll never forget that by the time I made it to the scene, all that was left of my sister was a bunch of flowers she had picked, scattered across the street.

There are pictures to remind me of her lovely spontaneity, happy disposition, and her surprising strength and determination. That's not all I have — I guess I'll never convince the "what ifs" to go away, and I'll never stop wondering about the woman my kid sister never had a chance to become.

"I'll never forget that by the time I made it to the scene, all that was left of my sister was a bunch of flowers she had picked..."

If she lived, my sister would be a few years younger than Carol Berner, a woman with no criminal record who is now facing federal jail time for running over someone's little girl.

No doubt Carol Berner was negligent. Even though she was under the legal limit at the time of the accident in May 2008, she later admitted to drinking at least three glasses of wine, and was clocked travelling at 91 kilometres an hour down a rural residential road.

Too fast. Out of control.

But now this devastated 58-year-old woman is going to do federal time in prison, and here's the question: What good is this going to do?

My heart goes out to Alexa's family. I understand their grief and their anger. They believe the sentence is too light, that 10 years should be the minimum for impaired driving causing death.

I think back to my own parents, who were destroyed by my sister's death. I think it's fair to say that unusually mild October day was their last sunny day. Ever.

Maybe attitudes were different back then, and I was only a kid, but I remember thinking it's no use creating another victim. The guy had a job and a family and to send him to jail for two and a half years — never mind 10 — would have been devastating.

In one swift, awful moment, the damage was done. And nothing — no thoughts of forgiveness or revenge — will ever bring my sister back.

And that's how my sad story ends. Peace be upon us.

Cartoon

MICHAEL DE ADDER

Finish what you start

Letters & Tweets

We asked: Should Canada extend the Afghan mission?

TORONTO. Of course we should! To give you an example, it would be the same as a contractor half way through a project saying to the client, well I'm done here, leaving the client with no way of finishing the work. This would be an insult to the men and women who have served over there and to the Afghans and especially to the ones we lost. If you start something I was told you had to finish it. **JAY HOWSON**

TORONTO. No, Canada should not continue the mission in Afghanistan. In the last couple of years all I have heard is (with regards to the auto sector and recession), we will do whatever the Americans do. Every time an event or problem arises, our leaders just wait to see what the Americans will do — then we follow. Now our leader is changing his mind like the flag blowing in the wind. Good luck Canada, we are going to need it. **JAMES BROWN**

TORONTO. Canada should get out of Afghanistan, the sooner the better! The world is unable to change this country. It is hell for our young soldiers. **ERIKA NEESER**

The other face of the mission

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS FILE

Movember moustaches. Like them? Hate them?

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Metro Minute with Brandon Flowers

Brandon Flowers, the opinionated lead singer and keyboardist of the Las Vegas-based rock band The Killers, visits Vancouver tonight. The concert is in support of his debut solo album Flamingo, which jetted to No. 1 in the U.K. within a week of its release.

The Killers, who have been on hiatus since January 2010, have sold more than 15 million records worldwide. Flowers has said that he hopes to reconnect with the band in 2011. His solo performance was rated as one of the 15 best shows by Spin magazine for the summer of 2010. The concert begins at 8 p.m. at the Commodore Ballroom. Tickets are $42.25 and available at ticketmaster.ca.

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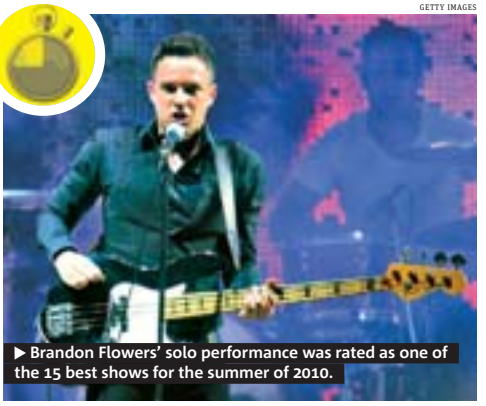
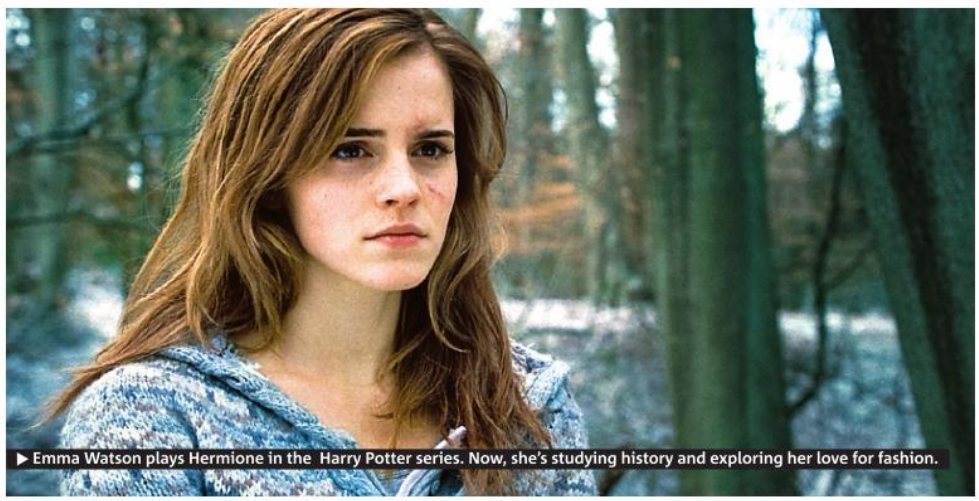


▶ Brandon Flowers' solo performance was rated as one of the 15 best shows for the summer of 2010.

2 scene

More to life than Hogwarts

Harry Potter's Emma Watson talks career, school and ethical fashion



▶ Emma Watson plays Hermione in the Harry Potter series. Now, she's studying history and exploring her love for fashion.

EMMA FORREST
SCENE@METRONEWS.CA

Emma Watson, who recently finished a new movie, My Week With Marilyn, talks to Metro about Harry Potter, going to college in the U.S. and her passion for ethical fashion.

What did you think of the last Harry Potter book being turned into two movies?
I'll be honest, I was like, 'Is this a money spinner?' I was very cynical and dubious about it.

Then, I talked with the producers and they said, 'Look, there's no way we can fit everything into one movie. It won't be as true to the book.'

Was this movie the most physically demanding?
Yes, especially in part two. There were days when I was in tears. More than anything, being cold and wet takes so much energy out of you.

But David (Yates, the director) said, 'It looks better when you look vulnerable. It's so much realer.'

He's right, we were these bedraggled, unlikely heroes.

But there were days when I was so tired that I would fall asleep anywhere.

Did you take any souvenirs from the set?
I asked for permission to take Hermione's time turner from the third movie, and the cloak and my wand.

How does filming fit in with college?
It doesn't really, I'm not going to lie. I have to work really hard when I'm there to earn my professors' respect. I'm doing a history major. I love it.

You've also done an organic fashion line for Italian designer Alberta Ferretti. You previously did a range for ethical clothing company People Tree. Why is ethical fashion so important to you?
I would work for anyone for free if they are prepared to make their clothes fair trade and organic.

Nobody has any contact with the way things are made. I find it alarming that nobody questions it.

I'd love to persuade (Burberry design chief) Christopher Bailey to do even just a section of Burberry that was organic or fair trade.

It's something that I want to champion. It makes such a huge difference to the lives of the people who are making it and the environment. The impact is epic.

Emma's growing passion for ethical fashion

Fashionista Emma Watson talks about her new clothing line for Alberta Ferretti, and why ethical fashion is so important to her.

When did you cut your hair?
About three months ago – I didn't tell anyone I was going to do it.
I went into a hair salon in New York, and took a couple of pictures of Mia Farrow and said 'I want to look like this.'

What are you working on, fashion-wise?
I just did an organic clothing line with Alberta Ferretti. Alberta wrote to me and said, 'I saw what you did with [ethical brand] People Tree and I think it's a great idea. Would you do something with me?'
Jane Birkin was my inspiration for the collection, classic French, '60s Jane Birkin.

What is the organic and fair-trade fashion industry like?
Something like one per cent of clothing is made from organic cotton, which is a shame.
It seems like environmental and ethical presence is really making its way into supermarkets and so many other areas, but for some reason people don't seem to question where their clothes are from.

What has been your most glamorous fashion moment to date?
Probably when Chanel took me to Paris to try on an outfit for a premiere. I went round Coco Chanel's apartment. I found that really overwhelming.

EMMA FORREST

Scene in brief

More than 40 broomstick-riding teams are competing in the Quidditch world cup tournament in N.Y.

A fictional fixture of the Harry Potter series, it features players who fly on broomsticks. But in real life, rules are adapted to a ground game for humans.

The matches call for chasers, beaters, keepers, seekers and a snitch. Goals must be scored and the snitch caught.

THE ASSOCIATED PRESS

DeNiro, Eastwood, Lucas present early Oscars at second annual Governors Awards.

Of ice cream trucks & redheads

Rupert Grint, the actor who plays Harry Potter's best friend, Ron Weasley, talks to Metro about his ice cream van, and why he's happy to be a redhead.

Do you think the latest movie is too scary for Potter fans?
Kids like to be scandalized, but the films are getting darker as we're growing up and the environments are changing.

I think it's much harsher on all the characters given they're in a new environment, they're on the run, missing their families, tired, and living in this little tent together.

What was memorable about filming this movie?
The day we filmed on Piccadilly Circus, we closed down the busiest part of London.

That was quite surreal, just to think that we had the power to do that.

It is true that you brought your ice cream truck on the last day of filming?
Yes, me and Emma [Watson] served ice cream.
I'm not really sure why I bought it. It was always a childhood dream. All I wanted to do was be an ice cream man.

You've signed to an agency. Are you ready to move on from Harry Potter?
It's not quite finished, as there's promotion to do. But, as much as I'll miss it, I'm ready to move on.

I'm keen to do different things and establish a bit of a detachment from Potter.

How does it feel being a role model for redheads?
It's funny, the reaction I get from the ginger community. People with red hair get a hard time, but I've always managed to escape it. I've never had any negative reaction to it.

I'm a very proud ginger. Ginger people in the street shake my hand and it's nice.

Do fans recognize you?
Yes, over the years it's become more of a regular thing and with my hair, I stand out.

I went to a music festival this year, and I wore a duck head. It was like having the power of invisibility, strangely.

EMMA FORREST

Mel speaks

Denounces ex's allegations of infant daughter abuse

ALL PHOTOS GETTY IMAGES

▶ Mel Gibson and Oksana Grigorieva in happier times

As a battle continues to rage in court between actor-director Mel Gibson and Oksana Grigorieva, the Oscar-winning actor and director is finally speaking out about some of the claims made against him about endangering his infant daughter.

That's according to Radar Online.

"Among these false statements are allegations by Oksana that I hurt Lucia and that I have made threats to hurt or even to kill our daughter," Gibson says in a court filing obtained by the website

"I have never and would never hurt Lucia and I have most certainly never threatened to do so. My children are the most precious part of my life." METRO

Baby prompts Travolta's escape?

▶ John Travolta and Kelly Preston

John Travolta reportedly rushed home from a promotional trip to Australia this weekend after getting word that wife Kelly Preston had gone into labour, according to Radar Online.

"If I get a call, I may have to say adios," Travolta told reporters last week. He added that he'd take a 22-hour flight. METRO

Say what?

Victoria and David Beckham may have to rethink letting their child middle Romeo have a cell phone, as the eight-year-old has been unintentionally harassing friends and family in the U.K., according to Exposay.

"We got a message from Gordon Ramsay's wife, saying, 'We don't mind, but for ... Romeo's been phoning the house in the middle of the night,'" Victoria says. METRO

▶ Victoria Beckham

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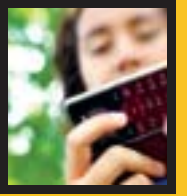
3 life

Texting teens

Teens who text 120 times a day or more – and there seems to be a lot of them – are more likely to have had sex or used alcohol and drugs than kids who don't send as many messages, according to provocative new research.

The study's authors are not suggesting that "hyper-texting" leads to sex, drinking or drugs, but say it's startling to see an apparent link between excessive messaging and that kind of risky behaviour.

THE ASSOCIATED PRESS



Amazing Grace endures as a global music sensation after more than 200 years.

ISTOCK

▶ Putting the rules in writing and hanging them in the house will help teens to understand what is expected of them.

Handling a defiant teenager

There are a number of ways to reach out to your kids without losing your cool

You make rules, they break them. You ask questions, they ignore you. You say, "Do this," they say, "Make me!"

Oppositional behaviour is hard enough to cope with in toddlers, but when the defiant ones are 13 or 14 years old, you can't just put them down for a nap, give them a time-out or bribe them with stickers.

So how does a parent get through to a kid who is disrespectful? Here, we offer some advice from Mary Muscari, a teacher at the Decker School of Nursing at Binghamton University in New York and co-author of Everything Parents Guide to Raising Adolescent Girls and Everything Parents Guide to Raising Adolescent Boys.

Be consistent and put all of the house rules in writing and hang it up in the house.

If you're looking to improve a specific behaviour or meet a goal, write up a contract and have your child sign it.

Muscari says that it's common for adolescents to do a lot of testing. "'How much can I get away with?' But they don't really want to get away with things; they just want to see how far they can push their parents. They know exactly when to press your buttons."

"If they think your job is more important than they are, that's a really bad place for a kid to be,"

MARY MUSCARI, TEACHER AT BINGHAMTON UNIVERSITY IN NEW YORK.

Muscari stresses that most of this behaviour is normal, and other parents are going through it too. "You are not crazy! It's annoying, it's horrible, but it's just like when they were two years old and they said, 'Wow! Look what I can do!' Only they're 13. They might be saying, 'I hate you! But they're thinking, 'Thank God you're putting these controls on me.'"

If foul language is an issue, you might try a 25-cent fine for each curse, and make sure grown-up violators pay too. The money could be a reward for good behaviour, or teens could give it to a charity of their choice.

Muscari says encouraging teens to volunteer — even if it's only a couple times a year — can also give them some perspective. "You don't want them to be totally wrapped up in themselves," she said.

THE ASSOCIATED PRESS

The teen brain

Consider how brain development affects adolescent behaviour, advises Dr. Joseph Shrand, psychiatrist:

- **Limbic system** The part of the brain that controls emotions, which allows us to fell pleasure, anger and passion, works fine in adolescents.
- So when a kid treats a parent disrespectfully, don't respond with anger, but use empathy, respect and humour.

[illegible]n

A delicious, gooey treat that is as easy to prepare as it is nutrious Both kids and adults will ask for more

For a yummy in their tummy breakfast, a treat in the lunch box or afternoon snack, these apple and oat squares are packed with nutrition for growing kids.

Spiced Apple and Oat Squares.

Makes 16 squares

Ingredients:

- 300 ml (1 1/4 cups) all-purpose flour
- 250 ml (1 cup) quick-cooking (not instant) rolled oats
- 250 ml (1 cup) packed brown sugar
- 2 ml (1/2 tsp) baking soda
- 175 ml (3/4 cup) butter, softened

Apple Filling

- 1.5 l (6 cups) diced 1-cm (1/2-inch) peeled apples (McIntosh, Empire or Idared)
- 175 ml (3/4 cup) packed brown sugar
- 175 ml (3/4 cup) apple cider or water
- 7 ml (1 1/2 tsp) ground cinnamon
- 2 ml (1/2 tsp) ground nutmeg
- Pinch ground cloves

Preparation:

1. In a large bowl, mix flour, oats, sugar and baking soda.
2. Cut in butter with a pastry blender until crumbly. Firmly press 750 ml (3 cups) of the mixture into a 2.5-l (9-inch) square cake pan. Reserve remaining crumbs for top.
3. Apple Filling: In a large saucepan or Dutch oven, combine apples, sugar, cider, cinnamon, nutmeg and cloves; bring to a boil over high heat.
4. Reduce heat and simmer, for 15 to 20 minutes, stirring occasionally, or until softened and thickened. Let cool slightly. (Filling may be made ahead and refrigerated.)
5. Spread filling over base. Distribute reserved crumbs over top. Bake in a 180 C (350 F) oven for 20 to 22 minutes or until golden brown. Serve warm or at room temperature.

Nutritional information per square: 250 calories, 2 g protein, 9 g fat, 41 g carbs.

THE CANADIAN PRESS

COOK UP DINNER WITH A SIDE OF ENERGY SAVINGS

When you cook delicious meals, you can still get the most out of all your flavours, while trying to use the least amount of energy. In fact, whether it's at our home, at our business, or even when commuting in between those two, we're keen conservationists. That's why we joined Team Power Smart and we invite you to do the same.

It's easy to do our part. Plus most of all, it's amazing how all the small changes we make... really add up. From our kitchen to yours, we hope you enjoy this recipe from our new cookbook—and discover how tasty conserving energy can be!

Vikram Meeru

Vikram Vij and Meeru Dhalwala
Team Power Smart Members and Owners
of Vij's Restaurant, Vancouver, BC

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REMEMBER TO ADD A DASH OF ENERGY SAVINGS!
Try reducing the number of times and length of time you open the fridge door. And keep your fridge or freezer away from heat sources such as a radiators, heating vents, washers, dryers or furnaces so they don't need to work as hard.

COCONUT CURRY FOR ANY DAY AND ANY DISH

Serves 6 / **Prep and Cooking time:** 30 minutes to soak saffron + 20 minutes

INGREDIENTS

- ½ tsp saffron (optional)
- ¼ cup very hot water (optional)
- ⅓ cup cooking oil
- 1 Tbsp cumin seeds or black mustard seeds
- ½ tsp asafoetida (optional)
- 2 Tbsp finely chopped garlic (6 medium cloves)
- 1 tsp turmeric
- 1 ½ tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- ½ cup chopped cilantro (optional)

COOKING METHOD

You can make this very simple and quick curry and pour it over rice, meats, seafood or plain vegetables. Although the concept of this curry isn't very Indian—we don't really pour curry over other foods—it does add either a mild taste to an already spicy dish or a mild Indian flavour to a non-Indian dish. We like it over simple boiled potatoes with skins (Nanaki, Shanik and Vikram) or over salted steamed kale (Meeru).

Place saffron threads in a small bowl. Add water and soak for 30 minutes. Set aside.

In a medium pot, heat oil on medium-high for 45 seconds. Add cumin (or mustard) seeds. Allow cumin seeds to sizzle for 30 seconds (or wait 1 to 2 minutes for mustard seeds to start popping). Sprinkle in asafoetida, stir, then immediately add garlic and sauté for 2 minutes. Add turmeric, salt, cayenne and paprika and sauté for 1 minute. Stir in coconut milk and stock. Increase the heat to high and bring to a boil. Cover, decrease the heat to low and simmer for 5 minutes. Remove the lid and stir in saffron and its water. Stir in cilantro and serve immediately.

From the book *Vij's at Home—Relax, Honey: The Warmth and Ease of Indian Cooking* © 2010, by Meeru Dhalwala and Vikram Vij. Published by Douglas and McIntyre an imprint of D&M Publishers Inc. Photographs by John Sherlock. Reprinted with permission of the publisher.

A10-452

GARBURATE NO MORE

We have a garburator in our kitchen but we're thinking about composting in our backyard. What's the eco-friendlier option?

Steve in St. Albert, Alberta

Popularized in the '70s and '80s, garburators are starting to go out of style. A banana peel or last night's dinner can increase the load on city sewage systems, putting an extra strain on treatment plants.

Some cities have banned garburators all together for this very reason.

Retiring your kitchen garburator means you won't waste energy every time you flip that switch and you won't waste a huge amount of perfectly good drinking water either.

Backyard composting is a much better solution from an environmental perspective, and it will save you money on your utility bills.

Of course, either option is preferable to throwing organic waste into the landfill.

David Suzuki Foundation

SYLVIE BOUCHARD

▶ Composting is a better alternative to garburating.

Eco-hospitality

After $200,000 in retrofits, Planet Traveler is being billed as the greenest hotel in North America. But 'it's not a hippy-dippy, granola, Birkenstock thing,' says Tom Rand, hotel co-developer.

NATHAN DENETTE/THE CANADIAN PRESS

▶ Venture capitalist Tom Rand says more businesses can make green changes through education and investment.

After sitting abandoned for a decade, a freshly refurbished three-storey building will soon be opening its doors to visitors in need of a temporary home away from home.

But patrons of Planet Traveler will discover there's more to the renovated digs than breathtaking panoramic views of the downtown Toronto skyline: it's being billed as the greenest hotel in North America.

Co-developers and business partners Tom Rand and Anthony Aarts have transformed the 930-square-metre building into a 114-bed hostel with a boutique hotel esthetic.

But perhaps more significant are the extensive changes involved in the green makeover of the space, which offers dorm-style bunk accommodations for $30 as well as private rooms for $75. They embarked on an extensive retrofit with the goal of reducing carbon emissions by 75 per cent.

"I'm not a hippie. I'm a venture capitalist. I speak dollars and cents. I'm proving in my language this can be done."

TOM RAND, CO-DEVELOPER OF PLANET TRAVELER

Solar photovoltaic panels help power Planet Traveler, while another set of panels, solar thermal, heat the water on-site. Rand said they're able to produce an average of three kilowatts from the solar panels, enough to power two or three standard homes.

All the lighting is LED, illuminating the space for less than the energy of a four-slice toaster.

Rooms will be equipped with a vacancy sensor which only goes on once it's been manually activated. If there's been no activity within a room for half-hour, it will shut off, Aarts said.

A specialized technology where multiple coils wrap around drainpipes helps grab heat from water before it goes down the drain.

Nearly two kilometres of geothermal pipes are buried around 120 metres below the surface in a city-owned laneway.

Described by Rand as the "workhorse of the hotel," he said the pipes are designed to take heat from the liquid out of the ground during winter and put it into the ground during summer rather than using a furnace and air conditioner.

"Everything we do on the energy side you see, it's very visible," said Rand, lead cleantech adviser at MaRS Discovery District. "But at the same time nobody staying here will notice, in terms of creature comforts, any difference."

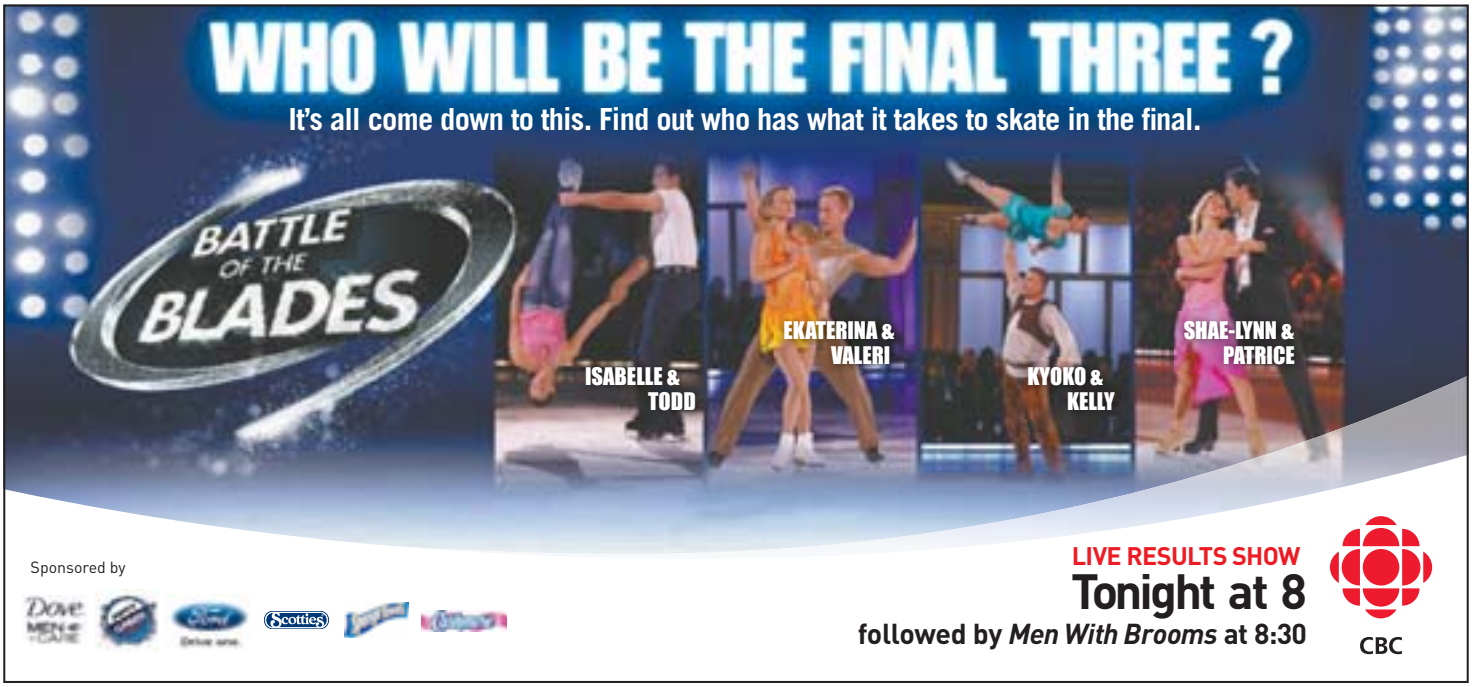
They're making use of technologies that have been around for some time and are simply putting them all together in one building, Rand noted.

"This stuff works in hundreds of thousands of other buildings. There's no risk here," he said. "If I can do it anybody can do it. And that's part of what we're saying. It's easy."

Rand estimates they are saving around $2,500 a month based on $200,000 invested into green retrofits.

They are keeping measurements tracking energy which they plan to post online, and Rand said they'd be happy to share what they're doing and to be open and transparent about the model.

THE CANADIAN PRESS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TAKING A LEAP INTO OLYMPIC GLORY

TurningPoint

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"I almost drowned twice as a child." You don't expect to hear those words from an Olympic gold medalist in synchronized swimming, but for Michelle Cameron, learning to conquer her fear of water was a turning point in her life.

In 1988 she found herself at the Olympics in Seoul, South Korea with her duet partner, Carolyn Waldo. The last person she locked eyes with before she began her routine was her mother.

"She was the reason I made it to the Olympics. She was so determined I would swim."

But as Michelle dove into the water, that old, crippling feelings of fear washed over her. Then she said, "Just let it go."

Michelle and Carolyn would need to swim the routine of their lives to get past the American team, and they delivered. They exited the pool to thunderous applause with Canadian flags waving frantically in the stands.

"Canada Number 1" flashed on the screen and the crowd exploded with cheers. The scared little girl from Calgary, who felt such horror and panic with her lifelong fear for water, was now a woman who had conquered them.

Michelle accomplished a lot more than a gold medal that day.

She is now a wife, proud mother of four children and is enjoying life in Calgary. She recently launched a charitable fund called Inspiring Possibilities that will give parents financial support and encouragement to keep their children active in sports.

She's also writing a book called, Sink, Swim or Float. It's all about getting past your fears and learning to jump into the deep end of the pool. Just like life.

Milestones

- 1988 Olympic Gold medalist
- First Albertan to win an Olympic Gold medal
- Six-time World Champion in duet and team
- Member of the Order of Canada
- Mother of four children

Gold medal inspirations

1. Our challenges in life shape who we really are.

2. Some of our greatest challenges lead us to our greatest rewards.

3. Celebrate your accomplishments. They could open the door to even greater possibilities.

4. Everything new has an element of fear. Let go and jump in.

METRO

▶ Michelle Cameron

Building a more female friendly world

CRAIG LUND
LIFE@METRONEWS.CA

What Women Want
By Paco Underhill
Simon & Schuster,
204 pages, $32

Women are taking over the work world, or at least finally getting the representation they've lacked throughout history.

In his book, What Women Want, author Paco Underhill writes that "we live in a world that is owned by men, designed by men, and managed by men, and yet we expect women to be active participants in it." Thankfully though this is changing.

Colleges and universities in the United States and Canada are now dominated by females, with 60 women to every 40 men and in a range of disciplines including law, medicine and architecture — formerly male dominated careers, "a trend that began in the 1970s" according to Underhill.

Outside of the work sphere women are the key buyers for the house hold and the acquisitioners of food for the family, this simple fact spurred growth of the farmers market and organic food movement.

"In 2005, a magical statistic stood out: for the first time in history, young women under the age of 30 in the largest American cities overtook men in earning power."

In fact in a New York City survey of wage earners between the ages of 21 and 30, women took home 17 per cent more pay than their male counterparts in equivalent positions.

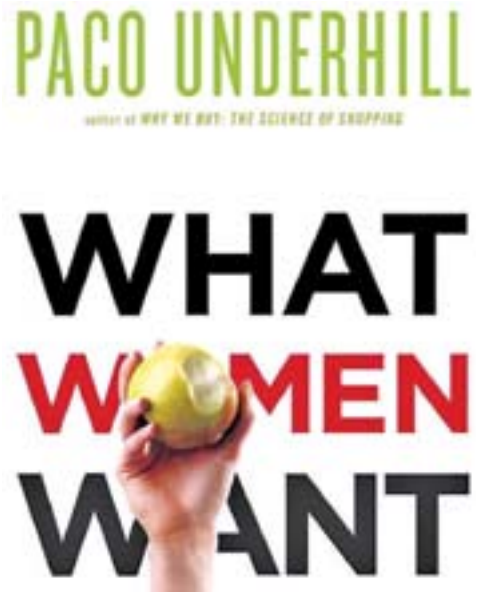
Underhill points out that there are a number of driving factors that have resulted in this shift, some alarming as they point to flaws in the education system, namely the learning disabilities of young boys such as reading, autism and ADHD which boys are far more likely to suffer from.

"Most little girls are comfortable sitting; little boys tend to squirm, fidget, and daydream."

The key factor for the rise of Womendom though is babies... or lack there of. "Thanks to birth control we have decoupled sex from procreation" which means the choice of if, when and with whom you have a child with.

A well researched and thoughtful look at why you should be thinking of women when you build, design, or create just about everything.

Craig Lund, is the President Elect of the American Marketing Association's Toronto Chapter and can be reached at hello@craiglund.ca



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BRITISH COLUMBIA

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Is real life mirroring Footloose?

Drinking, fighting and 'grinding' are causing officials across North America to cancel high school dances

This year's first dance at Glace Bay High School in Cape Breton may have been its last.

Fed up with a few students showing up seemingly drunk and hemlines getting increasingly shorter, the school became the second in the district to cancel dances until further notice.

"It's like anything else — there is a pendulum that swings and the pendulum has swung to the point where we said that it's time to put the brakes on, take a breather, talk to the kids and re-evaluate," says principal Peter Campbell.

While the beat goes on in other schools, a number in Canada and the U.S. have been trying to crack down on provocative dancing, risque attire and underage drinking.

In Moncton, N.B., Bernice MacNaughton High School has banned so-called grinding — a sexually suggestive dance that typically involves a female dancing in front of a male, back to front. Students there are required to dance face to face, says principal Gary Wilson.

▶ Sexually suggestive dancing is one of the reasons principals are cracking down on dances.

Two years ago, students at Eastern Shore District High School in Musquodoboit Harbour, N.S., had to agree in writing to follow certain rules, including being drug- and alcohol-free and abstaining from grinding. But the Halifax Regional School Board says the school scuttled the contract and dances when too many students refused to sign the document. The school still holds proms.

In West Hollywood, Calif., administrators at Pacific Hills School have reportedly been known to threaten students who insist on dancing sexily with Burt Bacharach tunes.

Back in Cape Breton, Whitney Pier Memorial Junior High scrapped dances earlier this year because of "inappropriate behaviour," says Charles Sheppard, a co-ordinator with the Cape Breton-Victoria Regional School Board. Sheppard wouldn't say what behaviour led to the decision.

Campbell, who's been the principal at Glace Bay High for four years, says his office hasn't received any complaints from students since cancelling the dances in September.

"(Students) didn't like the way things were moving either," he says. "The vast majority of kids want to come to the dance and just have a bit of fun ... They don't like it when there is stress, they don't like it when teachers have to be cross, they don't like it when they see kids drinking too much."

The dance, which was open to students from other schools, was chaperoned by staff members and private security, says Campbell. Police officers were also on hand.

Jeana Wilson, co-president of the school's student council, says students were warned of the consequences of breaking the rules well in advance and she ultimately respects the decision that was made.

But the 17-year-old says she believes punishing the entire student body for the actions of some was a bit heavy-handed.

While she agrees that rules need to be put in place, Wilson chalks up some of the outcry over student behaviour — particularly the dress code — to a generational gap.

"Some of the things are completely inappropriate, especially what some girls wear," says Wilson, a Grade 12 student. "But some of the things I just don't think the teachers are really used to it because they didn't grow up that way, wearing the kinds of things that some of us do."

What was really of concern, says Wilson, was the safety of students after fights broke out outside the dance.

Campbell says the school is in talks with the student council about possibly reinstating dances in the new year providing both sides can come to an agreement about appropriate behaviour.

Wilson's co-president, Matthew Babstock, says some students will likely continue to push the boundaries of what's acceptable, particularly when it comes to drinking.

"We know what's respectable to wear and what's not, we know the consequences if we get caught dancing inappropriately, we know the consequences if people are intoxicated," says Babstock, 18.

"But at the same time, I feel like no matter what happens, there's always going to be that core group of rebellious kids."

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Lions' season ends in 'heartbreaker'

B.C. couldn't hold on to halftime lead, falls to Riders in double OT

41	38
RIDERS	LIONS

Travis Lulay and his B.C. Lions simply ran out of miracles yesterday afternoon.

The quarterback passed for 357 yards but it wasn't enough to stop the B.C. Lions from being tamed by the Saskatchewan Roughriders in a nail-biting West Division semifinal.

The Lions fell to the Riders 41-38 in an overtime game that had 29,215 fans at Mosaic Stadium on the edge of their seats.

"It's just a tough one. It's a heartbreaker," said Lulay, who was only five games into his tenure as the starting Lions pivot.

B.C. led at halftime, but the Roughriders rallied back with Weston Dressler scoring two touchdowns to put Saskatchewan ahead late in the game. With just seconds left, Lulay connected with Emmanuel Arceneaux in the end zone on a 29-yard pass to send the game to overtime.

"We battled, we battled, we kept giving ourselves opportunities and we made that last play," said Lulay. "Manny made a great play to put us into overtime."

The teams went back and forth in extra period before Saskatchewan's Jason Clermont caught the decisive TD.

"It could have gone either way," Lulay added. "But they made the plays they needed to make to win the football game and, unfortunately, we didn't."

Arceneaux, who caught five passes for 80 yards to lead all B.C. receivers, said Lulay showed great poise, calling the quarterback "a general out there" who took control.

"As a whole, it was just disappointing because we fought and we fought," Arceneaux said quietly in the Lions' locker-room after the game.

"For something just to be taken away at the end like that makes the defeat more tough to handle and deal with. But this just was a minor setback for a major comeback and out of this loss it taught us you just can't play half a football game or three-quarters of a football game. You've gotta play from start to finish."

Lions head coach Wally Buono said his team couldn't stop the Riders offence in the second half.

Despite the loss, he was proud of his team.

"This club has got a lot of heart. It would have been nice to see them win in overtime," said Buono. "Any loss at the end of year is difficult. It sits with you for a long time and for us, obviously, we wanted to come here to get the win and make progress and move on."

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Tad Crawford walks off the field following the Lions' overtime loss yesterday.

Argos upset Ticats to earn trip to Montreal

16	13
ARGONAUTS	TIGER-CATS

Spencer Watt's 12-yard TD catch anchored a 10-point third quarter as the Toronto Argonauts took advantage of Kevin Glenn's absence to upset the Hamilton Tiger-Cats 16-13 in the East Division semifinal yesterday.

Glenn, one of just two CFL quarterbacks to pass for more than 5,000 yards this season, suffered a hyperextended left knee late in the first half before an Ivor Wynne Stadium gathering of 27,828 on a cool, breezy fall afternoon.

Glenn returned to the Hamilton bench late in the third, but by that time Toronto turned a 6-3 halftime deficit into a 13-6 lead heading into the fourth.

Cleo Lemon's strike to Watt just 1:45 into the third gave Toronto its first lead of the game, 10-6.

The win was Toronto's first in four meetings this year with Hamilton, which had forced a whopping 15 turnovers in the three regular-season victories while committing just five.

THE CANADIAN PRESS

Sports in brief

Chelsea loss narrows gap

SOCCER. The Premier League title race was thrown wide open yesterday thanks to leader Chelsea's shocking 3-0 home defeat to Sunderland and Arsenal's hard-fought 2-1 win at Everton.

Arsenal is now just two points behind Chelsea, with third-place Manchester United — which drew 2-2 at Aston Villa on Saturday — a further point behind. Manchester City is fourth, six points behind the leaders, after drawing at home to Birmingham on Saturday.

THE ASSOCIATED PRESS

Three college athletes shot

FOOTBALL. Three University of Southern Mississippi football players were shot during a fight at a nightclub, and all three are in fair condition at a local hospital, police said yesterday.

THE ASSOCIATED PRESS

4 sports

Sports in brief

1 Sebastian Vettel, 23, became the youngest champion in Formula One history yesterday.

2 The Pittsburgh Pirates will introduce former Rockies manager Clint Hurdle as their new manager today.

3 Robin Soderling of Sweden won his first Masters title yesterday by beating Gael Monfils of France in the Paris Masters final.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	18	13	4	1	0	65	47	27	9-1-0-0	4-3-1-0	8-1-1-0	W1
d-Philadelphia	17	11	4	2	0	58	37	24	7-3-0-0	4-1-2-0	8-1-1-0	W2
d-Montreal	17	11	5	1	0	46	36	23	5-3-1-0	6-2-0-0	7-3-0-0	W3
NY Rangers	17	9	7	1	0	52	46	19	4-5-1-0	5-2-0-0	5-5-0-0	W2
Ottawa	17	9	7	1	0	45	48	19	5-4-0-0	4-3-1-0	7-3-0-0	W1
Pittsburgh	18	9	8	1	0	56	49	19	3-5-0-0	6-3-1-0	4-5-1-0	W2
Tampa Bay	17	8	7	2	0	48	54	18	4-2-1-0	4-5-1-0	3-6-1-0	L3
Boston	14	8	5	0	1	41	29	17	2-4-0-1	6-1-0-0	5-4-0-1	L2
Atlanta	18	7	8	1	2	57	67	17	3-4-0-1	4-4-1-1	4-4-0-2	L2
Carolina	17	8	9	0	0	52	60	16	4-3-0-0	4-6-0-0	4-6-0-0	L2
Buffalo	18	6	9	3	0	47	57	15	1-6-1-0	5-3-1-0	4-4-2-0	W1
Florida	15	7	8	0	0	44	40	14	5-2-0-0	2-6-0-0	5-5-0-0	L1
Toronto	16	5	8	1	2	35	47	13	3-4-1-1	2-4-0-1	1-7-0-2	L8
New Jersey	17	5	10	1	1	33	56	12	1-6-1-0	4-5-0-0	3-6-0-1	W1
NY Islanders	17	4	10	1	2	37	58	11	2-2-0-1	2-8-1-1	0-9-0-1	L10

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	15	12	3	0	0	47	28	24	8-0-0-0	4-3-0-0	8-2-0-0	W6
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	16	10	4	0	2	51	39	22	6-0-0-1	4-4-0-1	8-1-0-1	W2
Anaheim	19	10	7	1	1	50	57	22	7-1-0-1	3-6-1-0	7-2-1-0	L1
St. Louis	15	9	3	1	2	38	34	21	6-0-0-1	3-3-1-1	7-2-0-1	L3
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
San Jose	15	8	4	3	0	42	37	18	5-2-2-0	3-3-0-0	6-3-1-0	W2
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	15	7	5	3	0	38	43	17	2-1-3-0	5-4-0-0	4-5-1-0	W2
Colorado	16	8	7	1	0	53	50	17	3-4-0-0	5-3-1-0	4-5-1-0	L1
Dallas	15	8	7	0	0	46	44	16	5-3-0-0	3-4-0-0	4-6-0-0	L3
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
N.Y. Rangers 8 Edmonton 2
Washington 6 Atlanta 4
Minnesota 4 Tampa Bay 1
Chicago 3 Anaheim 2
Saturday's results
Montreal 7 Carolina 2
Ottawa 2 Boston 0
Vancouver 5 Toronto 3
San Jose 4 Calgary 3
Buffalo 3 Washington 2 (OT)
Detroit 3 Colorado 1
Los Angeles 5 N.Y. Islanders 1
Nashville 4 Chicago 3 (SO)
Philadelphia 5 Florida 2
Phoenix 5 St. Louis 3
Pittsburgh 4 Atlanta 2
Tonight's games
(All times Eastern)
New Jersey at Boston, 7 p.m.
Vancouver at Buffalo, 7 p.m.
Ottawa at Philadelphia, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
St. Louis at Colorado, 9 p.m.
Los Angeles at San Jose, 10:30 p.m.

RANGERS 8, OILERS 2

First Period
1. N.Y. Rangers, Gaborik 1 (Christensen, Frolov) 1:35
Penalties — Eminger NYR (tripping) 10:10, Anisimov NYR (cross-checking) 16:30.
Second Period
2. Edmonton, Jones 4 (Eberle, Gagner) 2:45
3. Edmonton, Horcoff 5 (Peckham, Whitney) 3:13
4. N.Y. Rangers, Gaborik 2 (Christensen) 7:12
5. N.Y. Rangers, Boyle 8 (Fedotenko, Prust) 7:37
6. N.Y. Rangers, Anisimov 6 (Stepan, Avery) 13:17
7. N.Y. Rangers, Frolov 3 (Christensen, Gaborik) 19:55
Penalty — Smid Edm (tripping) 11:07.
Third Period
8. N.Y. Rangers, Frolov 4, 12:14
9. N.Y. Rangers, Fedotenko 3 (Stepan, Gilroy) 12:59
10. N.Y. Rangers, Gaborik 3 (Frolov) 14:22
Penalties — MacIntyre Edm, Boogaard NYR (fighting) 2:28, Gaborik NYR (interference) 3:07, MacIntyre Edm, Boogaard NYR (fighting) 8:46, Fraser Edm, Dubinsky NYR (misconduct), Smid Edm (fighting, misconduct), Stortini Edm, Boyle NYR, Prust NYR (fighting, game misconduct), Peckham Edm (roughing, fighting, misconduct, game misconduct), Avery NYR (roughing, fighting, misconduct) 11:18, Cogliano Edm (boarding) 14:54.
Shots

Edmonton	4	9	8	21
N.Y. Rangers	7	16	8	31

Goal — Edmonton: Khabibulin (L,4-9-1); N.Y. Rangers: Biron (W,3-2-0). **Power plays (goals-chances)** — Edmonton: 0-3; N.Y. Rangers: 0-2. **Att.** — 17,658 (18,200) at New York.

SCORING LEADERS

	G	A	PT
Stamkos, TB	15	13	28
Crosby, Pgh	12	15	27
Ovechkin, Wash	10	15	25
Semin, Wash	13	10	23
Perry, Ana	8	12	20
Backstrom, Wash	5	15	20
D.Sedin, Vcr	11	8	19
Sharp, Chi	10	9	19
Roy, Buf	8	11	19
Getzlaf, Ana	7	12	19
B.Richards, Dal	7	12	19
Selanne, Ana	7	12	19
St. Louis, TB	7	12	19
H.Sedin, Vcr	2	17	19
C.Stewart, Col	10	8	18
Ladd, Atl	7	11	18
Plekanec, Mtl	6	12	18
Eriksson, Dal	9	8	17
Giroux, Pha	9	8	17
P.Kane, Chi	7	10	17
Ryan, Ana	7	10	17
E.Staal, Car	6	11	17
Hejduk, Col	5	12	17
Zetterberg, Det	4	13	17
Letang, Pgh	3	14	17
Lidstrom, Det	2	15	17
J.Williams, LA	8	8	16
Malkin, Pgh	7	9	16
Datsyuk, Det	6	10	16
Kopitar, LA	6	10	16
M.Richards, Pha	6	10	16
P.Stastny, Col	6	10	16

GOLF

CHILDREN'S MIRACLE NETWORK CLASSIC

At Lake Buena Vista, Fla.
Par 72
Final Round
(m-Magnolia Course: 7,516 yards, par-72; p-Palm Course: 7,010 yards, par-72):

Robert Garrigus, $846,000	68p-65m-70m-64m-267
Roland Thatcher, $507,600	65p-63m-70m-72m-270
Rickie Fowler, $244,400	66p-70m-69m-66m-271
Johnson Wagner, $244,400	70m-65p-69m-67m-271
Spencer Levin, $244,400	68p-68m-67m-68m-271
Mark Wilson, $169,200	69p-66m-69m-68m-272
Michael Connell, $151,575	71m-68p-67m-67m-273
Chris Stroud, $151,575	62p-70m-70m-71m-273
Charles Warren, $126,900	67p-70m-69m-68m-274
Charles Howell III, $126,900	68m-69p-69m-68m-274
Steve Marino, $126,900	72m-68p-65m-69m-274
Vijay Singh, $92,120	69p-71m-68m-67m-275
Jerry Kelly, $92,120	66p-69m-70m-70m-275
John Senden, $92,120	69m-69p-67m-70m-275
Rory Sabbatini, $92,120	67p-71m-66m-71m-275
Brian Gay, $92,120	67p-65m-71m-72m-275
Paul Stankowski, $72,850	72m-67p-71m-66m-276
Brett Wetterich, $72,850	68m-67p-68m-73m-276
Ryan Palmer, $58,985	72m-68p-70m-67m-277
Stewart Cink, $58,985	71m-68p-69m-69m-277
Davis Love III, $58,985	71p-70m-70m-66m-277
Tom Lehman, $58,985	67m-70p-69m-71m-277
Briny Baird, $43,240	70m-67p-72m-69m-278
Justin Bolli, $43,240	68m-73p-68m-69m-278
John Merrick, $43,240	71m-66p-70m-71m-278
Cliff Kresge, $43,240	70m-66p-68m-74m-278
Tim Petrovic, $34,780	71m-67p-71m-70m-279
Jeff Quinney, $34,780	67p-68m-71m-73m-279
Cameron Percy, $34,780	66p-71m-69m-73m-279
Michael Letzig, $26,179	69p-70m-71m-70m-280
Chris Tidland, $26,179	67m-70p-72m-71m-280
John Mallinger, $26,179	70m-68p-72m-70m-280
Sean O'Hair, $26,179	70p-70m-70m-70m-280

AUSTRALIAN MASTERS

At Melbourne, Australia
Par 71
Final Round

Stuart Appleby	71-69-69-65—274
Adam Bland	65-67-70-73—275
Daniel Gaunt	65-72-68-71—276
Tiger Woods	69-72-71-65—277
Jarrod Lyle	69-70-69-70—278
Andre Stolz	67-67-72-72—278
David McKenzie	71-72-68-69—280
Robert Allenby	73-72-68-68—281
Won Joon Lee	69-71-71-70—281
Camilo Villegas	71-70-70-70—281
Geoff Ogilvy	72-70-69-70—281
Ryan Haller	71-72-66-72—281
Michael Hendry	68-73-73-68—282
Terry Pilkadaris	73-70-71-68—282
Paul Sheehan	71-72-69-70—282
Jim Herman	69-73-74-67—283
Peter Senior	70-73-72-68—283
David Bransdon	69-71-74-69—283
Gareth Paddison	67-72-74-70—283
Brad Kennedy	68-75-70-70—283
Steven Jones	71-72-68-72—283

LPGA LORENA OCHOA INVITATIONAL

At Guadalajara, Mexico
Par 72
Final Round

In-Kyung Kim, $220,000	69-68-68-64—269
Suzann Pettersen, $113,794	70-65-69-68—272
Karine Icher, $82,550	70-67-68-68—273
Cristie Kerr, $57,629	64-76-68-66—274
Paula Creamer, $57,629	68-66-72-68—274
Ai Miyazato, $42,054	68-69-68-70—275
Angela Stanford, $31,255	73-70-70-63—276
Na Yeon Choi, $31,255	68-70-71-67—276
Stacy Lewis, $31,255	67-69-69-71—276
Hee Young Park, $23,467	69-71-70-67—277
Karrie Webb, $23,467	70-69-68-70—277
Azahara Munoz, $23,467	70-67-70-70—277
Song-Hee Kim, $19,812	72-67-71-68—278
Meena Lee, $19,812	72-65-70-71—278
Juli Inkster, $17,569	70-70-71-69—280
Amy Yang, $17,569	71-68-68-73—280
Vicky Hurst, $16,199	70-71-72-68—281
Brittany Lang, $15,140	73-68-70-71—282
Candie Kung, $15,140	71-70-68-73—282
Mika Miyazato, $14,329	72-70-70-71—283
Gwladys Nocera, $13,831	70-73-68-73—284
Morgan Pressel, $12,834	73-69-73-70—285

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	8	2	.800	—
New Jersey	3	6	.333	4½
New York	3	7	.300	5
Philadelphia	2	8	.200	6
Toronto	2	8	.200	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	6	3	.667	—
Atlanta	7	4	.636	—
Miami	6	4	.600	½
Charlotte	3	7	.300	3½
Washington	2	6	.250	3½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	5	3	.625	—
Milwaukee	5	5	.500	1
Indiana	4	4	.500	1
Cleveland	4	5	.444	1½
Detroit	4	6	.400	2

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	8	0	1.000	—
San Antonio	8	1	.889	½
Dallas	6	2	.750	2
Memphis	4	6	.400	5
Houston	3	6	.333	5½

NORTHWEST DIVISION

	W	L	Pct	GB
Utah	7	3	.700	—
Denver	5	4	.556	1½
Oklahoma City	5	4	.556	1½
Portland	6	5	.545	1½
Minnesota	3	8	.273	4½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	8	2	.800	—
Golden State	6	4	.600	2
Phoenix	5	4	.556	2½
Sacramento	3	6	.333	4½
L.A. Clippers	1	9	.100	7

Yesterday's results
Atlanta 111 Minnesota 105
Detroit 100 Sacramento 94
San Antonio 117 Oklahoma City 104
Houston 104 New York 96
Phoenix 121 L.A. Lakers 116
Saturday's results
Utah 96, Charlotte 95
Orlando 91, New Jersey 90
Indiana 99, Cleveland 85
Miami 109, Toronto 100
Chicago 103, Washington 96
Boston 116, Memphis 110, OT
New Orleans 107, Portland 87
Milwaukee 79, Golden State 72
San Antonio 116, Philadelphia 93
Tonight's games
(All times Eastern)
Minnesota at Charlotte, 7 p.m.
Memphis at Orlando, 7 p.m.
New Orleans at Dallas, 8:30 p.m.
Denver at Phoenix, 9 p.m.
Oklahoma City at Utah, 9 p.m.
Detroit at Golden State, 10:30 p.m.
New Jersey at L.A. Clippers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	8	74	69	231	28.9
Ellis, GOL	10	101	52	265	26.5
Bryant, LAL	9	73	67	227	25.2
Gay, MEM	10	101	32	252	25.2
Anthony, DEN	9	86	43	225	25.0
Wade, MIA	10	81	74	247	24.7
Westbrook, OKC	8	62	68	194	24.3
Rose, CHI	8	73	36	189	23.6
Martin, HOU	8	55	64	189	23.6
Nowitzki, DAL	8	71	39	182	22.8
Gasol, LAL	9	82	40	204	22.7
James, MIA	10	70	75	223	22.3
Granger, IND	8	66	24	177	22.1
Gordon, LAC	8	62	46	176	22.0
Millsap, UTA	10	90	36	219	21.9
Scola, HOU	8	70	35	175	21.9
Howard, ORL	9	69	56	194	21.6

Not including last night's games

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Chelsea	13	9	1	3	28	8	28
Arsenal	13	8	2	3	26	12	26
Man United	13	6	7	0	26	15	25
Man City	13	6	4	3	15	10	22
Bolton	13	4	7	2	21	19	19
Sunderland	13	4	7	2	15	13	19
Tottenham	13	5	4	4	18	17	19
Newcastle	13	5	3	5	21	16	18
Aston Villa	13	4	5	4	15	18	17
Stoke	13	5	1	7	15	18	16
Liverpool	13	4	4	5	13	17	16
West Brom	13	4	4	5	16	22	16
Everton	13	3	6	4	14	13	15
Blackburn	13	4	3	6	15	18	15
Blackpool	13	4	3	6	19	26	15
Fulham	13	2	8	3	13	13	14
Wigan	13	3	5	5	10	21	14
Birmingham	13	2	7	4	14	17	13
Wolverhampton	13	2	3	8	13	23	9
West Ham	13	1	6	6	11	22	9

Yesterday's results
Chelsea 0 Sunderland 3
Everton 1 Arsenal 2

LEAGUE CHAMPIONSHIP

Yesterday's result
Swansea 1 Middlesbrough 0

GERMANY

BUNDESLIGA

Yesterday's results
Bayern Munich 3 Nuremberg 0
Hoffenheim 0 Freiburg 1

SCOTLAND

PREMIER LEAGUE

Yesterday's result
St. Mirren 0 Celtic 1

MLS PLAYOFFS

SECOND ROUND

Conference Championships
(single-game elimination)
EASTERN CONFERENCE
San Jose vs. Colorado
Saturdy's result
Colorado 1 San Jose 0
WESTERN CONFERENCE
Los Angeles vs. FC Dallas
Last night's result
FC Dallas 3, Los Angeles 1

TENNIS

ATP WORLD TOUR BNP PARIBAS MASTERS

At Paris
Singles
Championship
Robin Soderling (4), Sweden, def. Gael Monfils (12), France, 6-1, 7-6 (1).
Doubles
Championship
Mahesh Bhupathi, India, and Max Mirnyi (6), Belarus, def. Mark Knowles, Bahamas, and Andy Ram, Israel, 7-5, 7-5.

TRANSACTIONS

HOCKEY

ECHL

LAS VEGAS WRANGLERS—Announced D Craig Switzer was assigned to the team by San Antonio (AHL).
SOUTH CAROLINA STINGRAYS—Signed F Luke Popko.
TOLEDO WALLEYE—Announced F Randy Rowe was assigned to the team by Lake Erie (AHL).
WHEELING NAILERS—Announced F Joey Haddad was recalled by Wilkes-Barre/Scranton (AHL).

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556	196	250
Houston	4	5	0	.444	217	257

NORTH

	W	L	T	Pct	PF	PA
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213

WEST

	W	L	T	Pct	PF	PA
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	3	0	.667	236	193
Philadelphia	5	3	0	.625	198	181
Washington	4	4	0	.500	155	170
Dallas	2	7	0	.222	194	252

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215

NORTH

	W	L	T	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Green Bay	6	3	0	.667	221	143
Minnesota	3	6	0	.333	169	195
Detroit	2	7	0	.222	215	202

WEST

	W	L	T	Pct	PF	PA
Seattle	5	4	0	.556	166	199
St. Louis	4	5	0	.444	160	164
San Francisco	3	6	0	.333	160	198
Arizona	3	6	0	.333	175	261

WEEK 10

Byes: Green Bay, New Orleans, Oakland, San Diego
Yesterday's results
Buffalo 14 Detroit 12
Chicago 27 Minnesota 13
Dallas 33 N.Y. Giants 20
Denver 49 Kansas City 29
Indianapolis 23 Cincinnati 17
Jacksonville 31 Houston 24
Miami 29 Tennessee 17
N.Y. Jets 26 Cleveland 20 (OT)
San Francisco 23 St. Louis 20 (OT)
Seattle 36 Arizona 18
Tampa Bay 31 Carolina 16
New England 39 Pittsburgh 26
Tonight's game
All times Eastern
Philadelphia at Washington, 8:30 p.m.

CFL

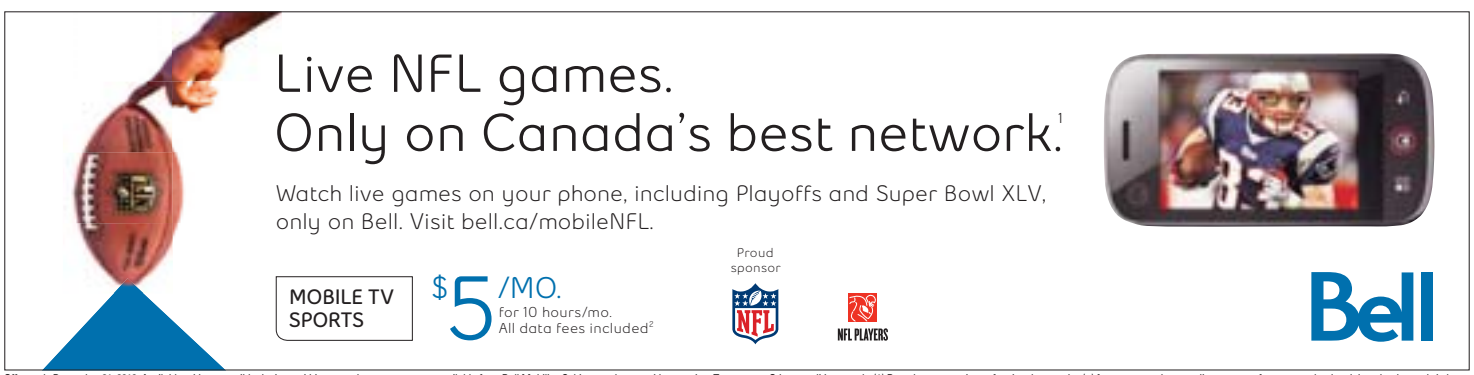
WEEK 20

PLAYOFFS

Yesterday's results
Division Semifinals
EAST DIVISION
Toronto 16 Hamilton 13
WEST DIVISION
Saskatchewan 41 B.C. 38 (OT)

WEEK 21

Sunday's games
Division Finals
(All times Eastern)
EAST DIVISION
Toronto at Montreal, 1 p.m.
WEST DIVISION
Saskatchewan at Calgary, 4:30 p.m.



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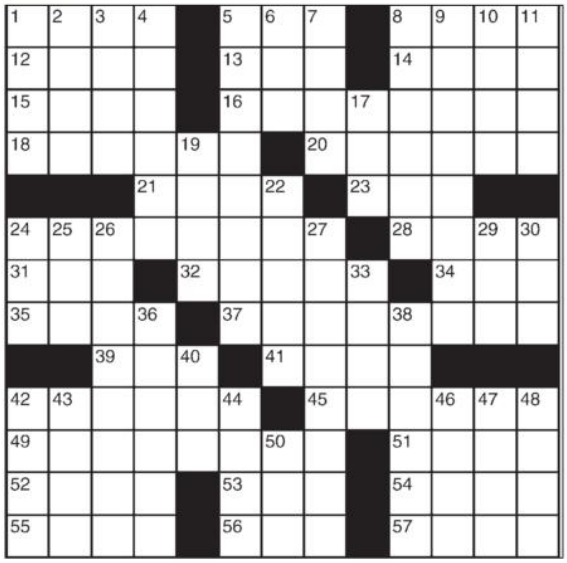
Crossword



Across

1 Unhappy destiny
5 Commercials
8 Out of control
12 Catch sight of
13 Caustic solution
14 Picnic hamperer
15 Winged
16 Octopus' arm
18 Pertaining to leaves
20 Reduce in status
21 Water (Sp.)
23 Atmosphere
24 Spiraling stems
28 Police officers
31 Actress Gardner
32 Moving about
34 Eccentric
35 Alpha follower
37 Persistence
39 Annoy
41 Latvia's capital
42 X-rated
45 Boil
49 Urban home, maybe
51 Actor LaBeouf
52 Approach
53 Female deer
54 War god
55 Partner in crime
56 Blunder
57 Discourteous

Down

1 Unhearing
2 Norway's capital
3 October birthstone
4 Innumerable
5 Unselfish one
6 Coloring agent
7 Transmit
8 Mideastern language
9 Popular pasta
10 Lubricates
11 Leg joint
17 Afternoon social
19 Taj Mahal city
22 Change
24 Bill
25 Adam's mate
26 Across the country
27 Evil
29 Deposit
30 Pigpen
33 Anger
36 Vein counterpart
38 "Your Show of Shows" star
40 A Kardashian sister
42 Sicilian volcano
43 Rod and —
44 Relinquish
46 From one end to t'other
47 Hastened
48 Facility
50 Neither partner

▶ Yesterday's answer

Sudoku

	6		7	5	3		2	
5								7
		4				9		
4	7		5		6		1	2
				3				
3	9		2		7		4	6
		5				6		
9								5
	1		4	7	5		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	6	9	3	5	7	4	8	1
3	8	4	9	1	6	7	5	2
1	7	5	2	4	8	6	9	3
4	1	3	8	2	9	5	6	7
7	5	8	6	3	4	1	2	9
9	2	6	1	7	5	3	4	8
8	9	7	5	6	1	2	3	4
6	4	2	7	8	3	9	1	5
5	3	1	4	9	2	8	7	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

No matter what I lose when I choose you, I will choose you because you are everything for me. Love you, SUE **TEI**

This goes out to my baby boo Shanice, I love her! I want everybody in Ontario to see how much I love this girl! She's the cutest girl I have ever met and i hope we stay together for many more years to come. I miss you and I love you a lot babe. **JELLO**

Mr. Chickenfoot,
I'm so proud of you for having your own radio show. I hope you do good in the rest of your school year. Me and spudford will be there every step of the way!!! **LUV, MRS. CHICKENFOOT**

Dearest Mahal: You are the star that shines in my heart; I can't wait to spend our first Christmas together. I love you so much! **YOURS ALWAYS AND FOREVER; OLI**

Today 10°/7° Rain 90%
Tuesday 11°/6° Variable 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Avoid the temptation to take risks that don't need to be taken. While what you get out of life may be related to what you put in, you don't have to risk everything.

♉ Taurus April 21-May 21
Have you noticed that your current situation bears an uncanny resemblance to what you've been through before? You should by now then know how to handle it.

♊ Gemini May 22-June 21
What's done is done and cannot be undone, so forget about yesterday, last week, last month or last year. Each day is a new beginning and what you start today could, should and will be amazing.

♋ Cancer June 22-July 22 Cancerians may not be the most daring members of the zodiac but you are in your own way ambitious and with Jupiter boosting your courage today you won't hesitate to take a chance of some kind.

♌ Leo July 23-Aug.23 You like to get your own way, and most of the time you do, but the planets urge you to meet others halfway, especially if you have several projects on the go at the same time.

♍ Virgo Aug. 24- Sept. 22 Anyone who tries to engage you in idle chatter or malicious gossip will soon learn you are not in the mood to play games. You have important things to do, stay focused.

♎ Libra Sept. 23-Oct. 23
Today's Sun-Jupiter link will help you find ways to ease your cash flow crisis, though the fact is you are not nearly as badly off as you think you are. However, you must save money, not spend it.

♏ Scorpio Oct. 24-Nov. 22 You are smart enough to realize there will always be new things to learn. What you learn today will expand your awareness and open your eyes to new possibilities.

♐ Sagittarius Nov. 23-Dec. 21 If you are adrift in a sea of troubles you'll still find reasons to smile. Your life is pretty good at the moment, and about to get infinitely better..

♑ Capricorn Dec. 22-Jan. 20
Everything that happens in your life is part of the grand design. Once you understand that fact at the deepest level you won't worry so much about day-to-day problems.

♒ Aquarius Jan. 21-Feb. 18
Your prospects are good and getting better by the minute. Be selective. Aim always for quality and excellence.

♓ Pisces Feb. 19-March 20 A belief you have always taken for granted will be put under the spotlight today and you may be surprised to discover it no longer stands up to scrutiny. Fortunately it won't be too traumatic. There are other beliefs you can cling to.

SALLY BROMPTON

Caption contest

GERO BREILOFER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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